

**Environmental Accessibility Adaptations**  
Physical adaptations to the home required by the plan of care for the person to continue to live in the community.

**Extended State Plan Services**  
Services beyond the limits of the State Medicaid Plan for occupational, physical, speech, and language therapies.

**Mental Health Diversion Services**  
Services to support persons in crisis due to a mental health disorder, including behavior management, skilled nursing, specialized psychiatric services, and crisis respite.

**Personal Care**  
Physical assistance, prompting, and supervision of the performance of direct personal care tasks and household tasks.

**Person-to-Person**  
A day program that assists participants to progress toward employment through individualized planning, skill instruction, information and referral, and one to one relationship building. This service can be provided in addition to community access, prevocational services, or supported employment.

**Prevocational Services**  
Services that prepare an adult for paid or unpaid employment through teaching concepts such as compliance, attendance, task completion, problem-solving and safety.

**Residential Habilitation Services**  
Assistance to learn, improve or retain the social and adaptive skills necessary for living in the community. Services include

alternative living; companion home; certified DDD group home and supported living; child foster care, group care or a staffed residential center. Services focus on health and safety, personal power and choice, competence and self-reliance, and positive relationships.

**Respite Care**  
Intermittent relief to individuals caring for a person with a developmental disability.

**Skilled Nursing Services**  
Continuous, intermittent, or part time nursing services or nurse delegation services provided by a registered nurse.

**Specialized Medical Equipment & Supplies**  
Medically necessary equipment and supplies not available under the Medicaid State Plan to help individuals with their activities of daily living or to participate more fully in their environment.

**Specialized Psychiatric Services**  
Psychiatric evaluation, medication evaluation and monitoring, and psychiatric consultation specific to the individual needs of persons with developmental disabilities who are experiencing mental health issues.

**Staff/Family Consultation & Training**  
Professional training and consultation to families and direct service providers to better meet the needs of the person.

**Supported Employment**  
Intensive, ongoing individual and group support, supervision, and training in a work setting to assist individuals sustain paid employment.

**Transportation**  
Reimbursement to a provider for non-medical transportation required to access waiver services specified in the plan of care.

For more information,  
visit the DDD Internet website at:  
<http://www1.dshs.wa.gov/ddd/index.shtml>



**Nondiscrimination.** *It is the policy of the Department of Social and Health Services that no person shall be subjected to discrimination in this agency or its contractors because of race, color, national origin, gender, age, religion, creed, marital status, disabled or Vietnam Era Veteran status, or the presence of any physical, mental, or sensory handicap.*

**For more information,  
contact your Case Resource  
Manager, Social Worker or  
Regional DDD Office:**

- Region 1: 509-329-2900  
1-800-462-0624
- Region 2: 509-225-7970  
1-800-822-7840
- Region 3: 425-339-4833  
1-800-788-2053
- Region 4: 206-568-5700  
1-800-314-3296
- Region 5: 253-593-2812  
1-800-248-0949
- Region 6: 360-570-3150  
1-800-339-8227

Division of  
Developmental  
Disabilities

# Home and Community Based Waiver Program

**Basic information  
regarding eligibility,  
access, and services.**



DSHS 22-605 (Rev. 3/04)

## Waiver Overview

The Division of Developmental Disabilities (DDD) has replaced its Medicaid Home and Community Based Services (HCBS) Community Alternatives Program (CAP) waiver with four new waiver programs effective April 1, 2004. The new waivers will initially serve the approximately 10,500 individuals receiving services under the CAP waiver. The four new waivers – Basic, Basic Plus, Core, and Community Protection – will provide an array of services.

Waiver services provide additional support when Medicaid state plan services and other supports are not sufficient.

## Waiver Eligibility Criteria

- The individual is a client of DDD.
- The individual has a disability according to criteria established in the Social Security Act.
- The individual's gross income does not exceed 300 percent of the SSI benefit amount and the individual's resources do not exceed \$2,000. Parental income is not considered for children under age 18.
- The individual needs the level of care provided in an Intermediate Care Facility for the Mentally Retarded (ICF/MR).
- A plan of care has been prepared that shows how the individual's health, safety and habilitation needs can be met in the community with a monthly waiver service.
- The individual has agreed to accept home and community based services as an alternative to institutional services in an ICF/MR.

## Access to the Waivers

The state requests and receives approval from the federal government for the number of individuals to be served on the waivers. Each waiver has a limit on the number of people who can be served in a waiver year. DDD has the authority to limit access to the waivers based on availability of funding for new waiver participants.

Individuals who were on the CAP waiver as of March 31, 2004, will continue to receive their current waiver services until their next plan of care review, at which time the rules and limits of their new waiver will apply.

If you are not currently on a waiver, meeting criteria for the waiver does not guarantee access to or receipt of waiver services. You may request to be placed on a waiver at any time, but you must meet specific criteria to have your name entered on the waiver waiting list.

## Fair Hearing Rights

You have an appeal right to a denial or termination of services or provider, but you do not have an appeal right to a denial to be enrolled in a waiver. You may also appeal if your request to receive ICF/MR services instead of waiver services has been denied. Your regional DDD office will provide you with the necessary forms.

## The Four Waivers

### BASIC

The individuals on this waiver live with family or in their own homes with a strong natural support system, but do not need

residential services. The family/caregiver's ability to continue caring for the person is at risk but can be continued with additional services, including:

- Behavior Management and Consultation
- Community Access
- Community Guide
- Emergency Assistance
- Environmental Accessibility Adaptations
- Occupational Therapy
- Person to Person
- Physical Therapy
- Prevocational Services
- Respite Care
- Specialized Medical Equipment & Supplies
- Specialized Psychiatric Services
- Speech, Hearing and Language Services
- Staff/Family Consultation and Training
- Supported Employment
- Transportation

### BASIC PLUS

All of the general services in the BASIC waiver, plus skilled nursing, adult family home and adult residential care services.

### CORE

Residential habilitation and all of the BASIC PLUS waiver services except emergency assistance, adult family home and adult residential care services.

### COMMUNITY PROTECTION

All CORE waiver services except personal care, respite, community guide, community access, adult family home and adult residential care services.

## Defined Waiver Services

### Adult Family Home

A regular family home in which a person is

licensed to provide personal care, special care, room and board to more than one but not more than 6 adults who are not related by blood or marriage to the service provider.

### Adult Residential Care

A boarding home for 7 or more unrelated adults, providing individual and group activities, assistance with obtaining and maintaining functional aids and equipment, housework, laundry, self-administration of medications and treatments, therapeutic diets, and physical assistance with activities of daily living.

### Behavior Management and Consultation

Programs designed to support individuals to behave in ways that enhance their inclusion in the community, including direct interventions to decrease challenging behaviors which compromise the person's ability to remain in the community.

### Community Access

Service provided in the community to enhance or maintain the person's competence, integration, and physical or mental skills in order to help the person progress toward employment or retirement.

### Community Guide

Short term services that increase access to informal community supports and are designed to develop creative, flexible and supportive community resources for persons with developmental disabilities.

### Emergency Assistance

A temporary increase to the yearly dollar limit specified in the Basic and Basic Plus waiver when additional waiver services are required to prevent ICF/MR placement.